

5-Day-Training
with
John Kinyon and Ike Lasater

Seeg/Allgäu
Germany
March 23-27, 2011



Mediating from the Inside Out:
Using the Tools of NVC Mediation for Healing, Reconciliation & Personal Growth
Developing presence & NVC skills to “mediate your life”

Conflict can be seen as an opportunity to learn and grow through working with yourself and others to resolve it. In this workshop, we will use processes and skills from Nonviolent Communication (NVC) and NVC mediation to learn how to mediate internal conflicts and conflicts with other people for the purpose of personal growth, healing, and reconciliation. At the core is forgiveness. When we forgive ourselves and others, we do this ultimately for ourselves, and gain the peace and tranquility that comes from this .

The workshop will increase your skills to:

- Return to presence and connection in the intensity of conflict
- Transform judgments and diagnoses into a language of compassion
- Create peace between warring voices in your own head
- Successfully mediate conflicts you are having with others
- Facilitate clear requests and collaborative solutions

The workshop is highly experiential and is intended to create profound fundamental change in how you approach living with yourself and others. The training emphasizes seeing the relationship with conflict as a life practice of returning to presence (i.e. mindful awareness) and mediating from self-connection and clear requests to contribute to self and others.

Though this workshop is focused on internal and interpersonal mediation, the skills and processes we use

About Ike Lasater and John Kinyon

John’s background is in academic psychology and psychotherapy and Ike’s is as a trial lawyer for 20 years. Ike and John have each been training with NVC for over 10 years and have been developing and evolving their approach to mediation and training for the past 7 years, beginning with a journey together to the Pakistan-Afghanistan border to work with Afghan tribal elders in early 2002, shortly after the bombings following 9/11. From this experience they saw first hand that despite at least eight languages being used and layers of cobbled-together, ad hoc translation, connection to universal human needs and the NVC mediation approach worked even with a real dispute that came alive in the room during the training. They now offer international NVC mediation training that includes 5-day retreats and year long immersion programs in the U.S., Europe and Australia. Regarding their mediation practices, they have facilitated individually and as a team on just about every level of human relations since 2002.

For more information about John and Ike and their trainings, as well as audio, video, articles and other resources, visit: www.johnkinyon.com, www.wordsthatwork.us, and www.nvcmediation.com.

have emerged from the cauldron of intense formal mediation. These tools were originated by NVC founder Marshall Rosenberg and further developed and refined by ourselves and our colleagues around the world who work as mediators helping people in all kinds of conflict—from personal relationships to business conflicts to organizational and even larger scale political or ethnic conflicts. We draw upon this learning to help you learn to mediate your own conflicts, internally and with those close to you. Developing these skills to mediate your life can lead, with further practice and additional training, to supporting others in conflict through formal mediation.

The processes you will learn in this training are:

- Internal mediation
- Interpersonal mediation (self-other)
- Transforming “enemy images” (Enemy Image Process, EIP)
- Healing and Reconciliation (H&R) process for deeper emotional pain

The Healing and Reconciliation process is a four-step model developed by Marshall Rosenberg, and can be used in three ways:

- In a facilitated process with the person who is the stimulus of your pain, who you would like to heal and reconcile with;
- In a personal process of developing your own capacity to forgive without the other person being present;
- As a format to facilitate a conversation with someone who believes you have wronged them. You can seek reconciliation (i.e. Make Amends) with someone feeling hurt by something you did in the past, without having a mediator present to support you.

Through these processes we will prepare you to continue your learning afterwards, requesting that you engage in practice with others in the workshop to integrate the learning into your life. The choice is yours to make this a life practice leading to greater capacity to be present for your life and to return to presence more quickly when in challenging situations.

What people say who know John and Ike:

“John Kinyon is one of our trainers of Nonviolent Communication and someone in whom I have a great deal of trust and confidence. John in my experience has a special gift for facilitating empathic understanding and communication between people. I highly endorse John's skills and abilities with Nonviolent Communication, and I strongly recommend him to anyone needing help resolving a conflict situation.”

Marshall Rosenberg, Ph.D., founder of Nonviolent Communication

“Taking a mediation series with you and Ike was one of my most enjoyable and fun learning experiences in recent years. I've taken various NVC classes over the years but the mediation class taught me NVC more powerfully than anything else. I began to see for the first time the power, the simplicity, and elegance in the NVC model. I am really excited to continue deepening my NVC and mediation skills.”

Tiko Shah

“The mediation series provided me with practical yet powerful skills for resolving conflict - in my own life and the lives of others. If only I would have learned these skills 15 years ago! John & Ike's mastery of the material, depth of experience and integrity in living the process are exceptional. I highly recommend this training!”

Chris Kresser

The training takes place at Seehotel Schwalten, 87637 Seeg/Allgäu, Germany (150 km from Munich). The training is in English, starting with lunch at noon on March 23, ending at 3pm on March 27. Tuition ranges from 690 € to 875 € depending on the time of your registration. Retreat costs are 296 € or 336 € depending on the type of accommodation. Prior NVC experience requested: equivalent of 2-day-workshop on the basics of NVC. For more information or registration contact Tina Schmitt in Germany: mail@tina-schmitt.de or +49-761-42991470